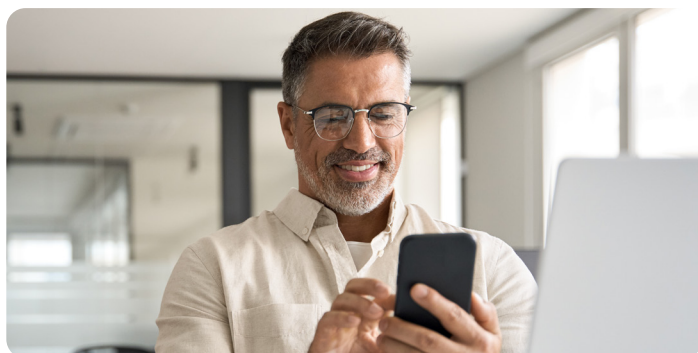


The Cigna Healthcare Well-Being Solution.



Package snapshots for quick comparison.



Cigna HealthcareSM offers you and your employees access to a personalized wellness experience with exceptional engagement and proven outcomes.

Take a closer look at our package options — and discover how each one can drive engagement and help improve outcomes for your employees.

Core package



1,375+ Daily Content Cards:
Improve well-being literacy and inspire new behaviors with micro-learning content



115+ Healthy Habits:
AI-driven recommendations designed to reinforce healthy habits



Well-Being Challenges:
Peer-to-peer challenges



Health Assessment:
NCQA Certified Health Assessment including social determinants of health



Social Connections:
Invite up to 10 friends and family to share in the experience



25+ Journeys[®]:
Digital health coaching journeys ranging 10-24 days across topics



Device/App Connection:
Connect any device, app or tracker that connects to Apple[®] Health app or Google Fit[®]

Core topics

- Getting Active
- Eating Healthy
- Sleeping Well
- Reducing Stress
- Finding Emotional Balance
- Illness and Injury

Offered by Cigna Health and Life Insurance Company.

Core plus package



Incentives & Rewards:

Specific actions can earn rewards within integrated designs that lead to ongoing engagement



2,800+ Daily Cards:

Improve well-being literacy and inspire new behaviors with micro-learning content



480+ Healthy Habits:

AI-driven recommendations designed to reinforce healthy habits



Digital Guides:

Sleep and nutrition tips, tricks, and tracking allowing personalized action plan



Well-Being Challenges:

Peer-to-peer challenges, monthly healthy habits challenges, 3 Cigna Healthcare challenges



Social Connections:

Invite up to 10 friends and family to share in the experience



60 Journeys:

Digital health coaching journeys ranging 10-24 days across topics



Device/App Connection:

Connect any device, app or tracker that connects to Apple® Health app or Google Fit®



My Care Checklist:

Preventive screening tracking and reminders that can be updated by the customer



30 digital topics:

- Acting Sustainably
- Alcohol Use
- Anxiety & Depression
- Back, Muscle & Joint Health
- Being Effective
- Being Productive
- Being Tobacco Free
- Blood Pressure
- Building Relationships
- Cancer
- Cholesterol
- Contributing to Community
- Coronavirus
- Diabetes
- Diversity, Equity & Inclusion
- Eating Healthy
- Finding Emotional Balance
- Getting Active
- Grief & Loss
- Heart Health
- Learning New Things
- Lung Health
- Managing My Finances
- Medicine Support
- Menopause
- Pregnancy
- Reducing Stress
- Sleeping Well
- Staying Safe
- Weight



Connected package

Option to purchase for all funding types

Customer experience

Includes everything in Core Plus **AND**:



Client Logo



Client-Specific
Challenge

Client experience

- Includes two licenses to the administrative portal
- Live analytics of over 100 metrics across 8 domains, updated every 24 hours
- Ability to create custom content, including:



Calendar Events



Surveys



Analytics Dashboard



Announcements*



Daily Content Cards*

*Available upon request.

How are the three packages different?

While many features are included for all clients at no additional cost, there are additional opportunities to increase the content and resource options for a more complete user experience — and sustained employee engagement.

Rewards can be administered with the **Core Plus package**.^{*} Employees can earn Wellness Cash which can be redeemed for gift or debit cards, donations to charity, or for purchases in the Wellness Store.

The **Connected package** provides clients with access to on-demand analytics of over 100 metrics, as well as the ability to create custom challenges, habits, announcements, calendar events and surveys.

Features	Core	Core Plus	Connected
All packages offer health assessment, device/app integration and the opportunity to invite 10 friends and family.			
Daily Content Cards	1375+ cards across 6 topics	2800+ cards across 30 digital topics	
Healthy Habits	115+ habits across 6 topics	435 healthy habits across 30 digital topics	
Digital Coaching Journeys	36 across 6 topics	87 journeys across 30 digital topics	
Well-Being Challenges	Peer to peer	• Peer to peer • Monthly Healthy Habits • 3 prescribed by Cigna Healthcare	• Peer to peer • Monthly Healthy Habits • 3 prescribed by Cigna Healthcare • 1 client specific challenge • Ability to self admin challenge
Rewards and Incentives*	No	4 best-practices designs with pre-determined \$ (or no incentives) 2-3 reward types (based on design selected)	
My Care Checklist	No	X	
Client Logo	No	No	X
Client Administrative Access	No	No	X 2 client licenses for admin access

^{*}Client funds incentive payout. Available upon sale/renewal.



Contact your **Cigna Healthcare** representative to learn more.

To comply with federal laws, if an eligible employee is unable to participate in any of incentive program events, activities or goals due to a disability or other reason, they may be entitled to a reasonable accommodation for participation, or an alternative standard for rewards. Product availability may vary by location and plan type and is subject to change. All group health insurance policies and health benefit plans contain exclusions and limitations. For costs and details of coverage, contact a Cigna Healthcare representative.

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